

How Risky is Your Commute to Work?

While driving to work, are you road ready?

	Never (2 points)	Sometimes (1 point)	Always (0 points)
1. Are you well rested and relaxed?	_____	_____	_____
2. Do you allow yourself plenty of time to get to work without speeding or driving aggressively?	_____	_____	_____
3. Is your seat belt buckled?	_____	_____	_____
4. Do you adjust your mirrors and seat, select climate and radio/CD controls before driving off?	_____	_____	_____
5. How's your visibility? Is your windshield clean, do your wipers work well?	_____	_____	_____
6. Before getting behind the wheel did you check the traffic, roadway, and weather conditions on your route?	_____	_____	_____
7. Do you have at least a half tank of gas and properly inflated tires with good tread?	_____	_____	_____
Total =		_____	
	Never (0 points)	Sometimes (1 point)	Always (2 points)
8. Are you using a cell phone to check in with the office or to conduct personal business?	_____	_____	_____
9. Do you drive through school zones, work zones or areas with pedestrians?	_____	_____	_____
10. Are you driving on congested roadways?	_____	_____	_____
11. What about breakfast? Are you grabbing a bite on the way to the office?	_____	_____	_____
12. Do you have passengers, especially children that are demanding your attention?	_____	_____	_____
13. Are you driving on rural roads with narrow lanes, sharp curves and trees close to the shoulder?	_____	_____	_____
14. Are you attending to some last minute grooming?	_____	_____	_____
15. Are you busy preparing for a meeting, or a presentation?	_____	_____	_____
Total =		_____	
Grand Total			_____

Being road-ready lowers your crash risk. A low score indicates that you make safe driving your number one priority. If your score is high, it indicates that your commute is risky, think about what actions you could take to better manage and lower your risk.